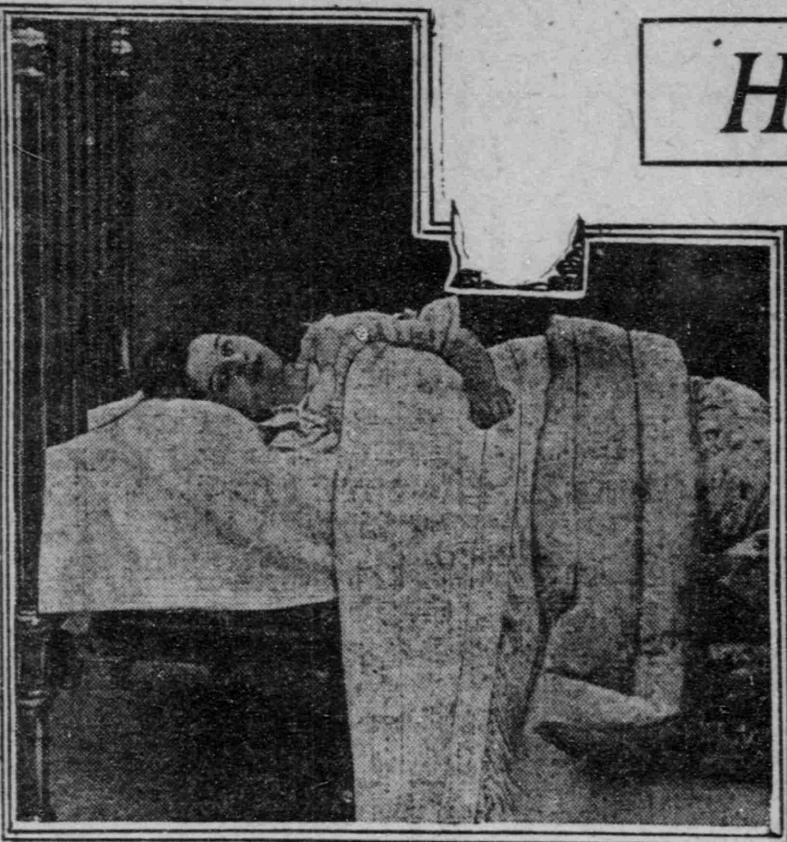


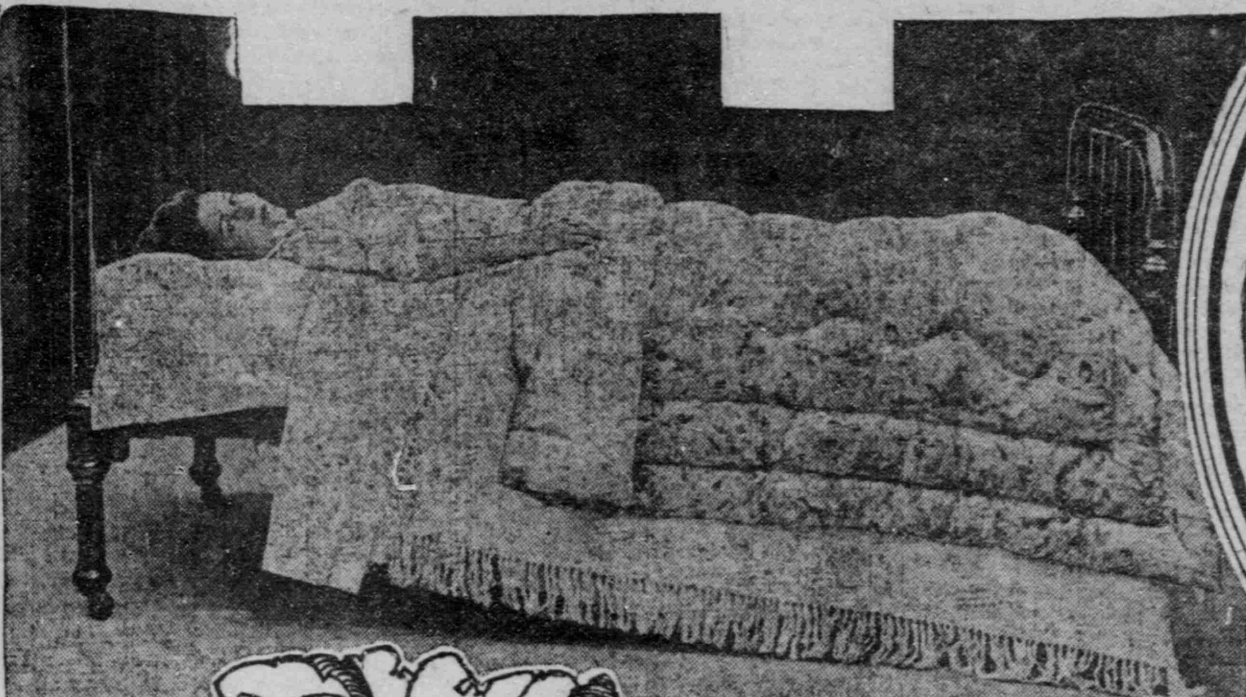
HOW TO BE HEALTHY AND BEAUTIFUL

By MRS. HENRY SYMES

HOW TO LIE IN BED



Correct Way to Lie on the Side



Correct Way to Lie on the Back



Gives no Chance for Growth and Repose

THERE was once a woman so prominent that she had few hours for sleep or any kind of mental or physical relaxation, till her health gave way under the strain and celebrated doctors were called in, but to no avail. Finally, some one suggested that she should make a point of learning how to relax her muscles. This she did, and whenever she was alone she would lie flat on the floor and stretch her arms and figure out straight. In time she found that her few hours of rest at night did more good than ever before, and, after a little while, even when she slept but a few hours, she awoke completely rested. This she attributed to her habit of absolute relaxation. Where she had formerly laid in bed curled up like a kitten, she now threw her head back and straightened out her body so that every muscle was in a comfortable position; her whole spine got the support of the mattress, with the result that it was better able to stand the strain of the next day's fatigue.

Lying in bed in a cramped position produces round shoulders, while if the head is thrown back on the pillow and the arms are not brought up to the face the shoulders must of themselves stay straight.

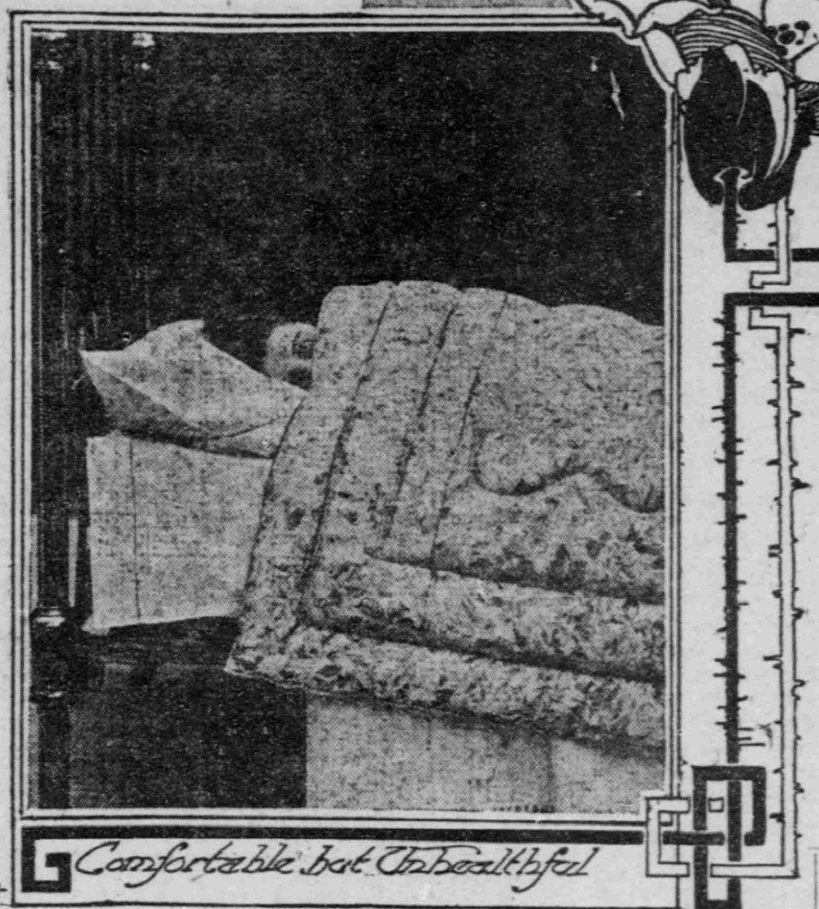
Allowing the bed clothes to partially cover the face is injurious to the complexion and general health, for it does not allow fresh air to get to the lungs.

Needless to say it is more than harmful, it is dangerous, to sleep in a room where the window is not open and where the air cannot freely circulate about the room. All the exercise and all the correct positions of lying in bed or walking will not take the place of fresh, cool air in the sleeping apartment.

Holding the hands back of the head is another unwholesome way to sleep, for it is a great strain on the heart, and it does not allow the lungs to get their full work. No complete rest will come to her who does not drop her hands at her side and lie perfectly flat and straight. To do this it is necessary to sleep on the back; and as so often people cannot do this, the next best thing is to carry out the idea as far as possible, when on the side—the right side if possible, so that the heart will have full play.

The height of the pillow is another very important matter. It should not be high enough to give the head any angle, and she who can sleep on her back needs no pillow whatever, for its only use is to fill in the space made by the width of the shoulder when on the side. The pillow should be soft and always laid flat on the bed—not braced up against the headboard. Two pillows are injurious, for they allow no straightening of the spinal column and the cramped position of the head prevents the long breath so essential to healthful slumber. A baby up to the time its shoulders are big enough to cause the head to hang to one side should sleep flat on the mattress, and when at last a pillow is provided it should be low and only increased in size as the child grows up.

It is only by following out the simplest rules of nature and doing away with whatever is artificial and unnecessary that we can get the best results from sleeping, walking, and eating.



Comfortable but Unhealthy



Holding Arms Over the Head is not Restful

To Darken Hair.

To make the hair darker apply this stain: Four ounces of walnut skins beaten to a pulp, to which is added pure alcohol, sixteen ounces.

Let stand eight days and strain. Then apply as any other dye. To darken the eyebrows this ointment should be used: Fifteen drops of oil of lavender, fifteen drops of oil of rosemary, two drams of tincture of cantharides, two ounces of vaseline. Mix thoroughly and apply to eyebrows with a tiny toothbrush.

Hair Tonic.

Black tea as a basis for hair tonic is successful in many cases. The formula is: Two ounces of bay rum, two ounces of glycerin, two ounces of alcohol, ten ounces of infusion of black tea. Mix and perfume to suit. The tea infusion should be made very strong, say an ounce of tea to ten or twelve ounces of boiling water. Let it steep for twenty minutes, then stand till cool; strain and add the other ingredients. Apply with a soft sponge to the roots of the hair. It will darken blond hair.

For Cold Feet.

Friction with hot flannel at night is useful in correcting a tendency to cold feet. If this is not sufficient, a bottle or rubber bag filled with hot water may be used in addition, but neither should be allowed to come into direct contact with the feet, and its use should not continue unnecessarily. On rising in the morning care should be taken not to set the feet naked on the floor.

To Whiten the Skin.

A teaspoonful of the tincture of benzoin to an ounce of rosewater forms a well-known lotion which is excellent for whitening the skin.

Excessive Perspiration.

Excessive perspiration of the hands must not be stopped too suddenly, as it would be injurious to the health; but it may be disguised by rubbing them, after they have been well washed and dried, with powdered orris root. The powder, without interfering with the natural course of the perspiration, absorbs it and keeps the skin dry, disguising at the same time the disagreeable odor of the perspiration.

Whether a warm or cold bath should be taken daily all depends on the physical condition of the person. One who is of a robust constitution may make either indifferently and prolong them at pleasure, but the delicate person should take the tepid bath only, the duration of which should never exceed a quarter of an hour. The beneficial effects of the tepid bath are increased by the use of the flesh brush, the hair of which should be fine and soft.

Henna Stain.

The henna stain causes the hair to have a reddish tint. To make it, take one ounce of henna leaves, steep in a pint of boiling water for twenty minutes. Let stand until it gets cold. Strain the liquid. Apply to the hair by the aid of a small sponge. The henna will sometimes stain the scalp, but the stain can easily be removed by soap and water. The use of cocoa butter and lanolin will not promote the growth of hair.

For Itching Skin.

One will be greatly relieved by taking a bath every night in warm water into which a little baking soda has been dissolved. This itching sensation is generally caused by the poor condition of the blood, and the best thing to do is to have your physician give you a tonic which will purify the blood.

Orange Flower Skin Food.

The following formula will make up into a perfect skin food suitable for massage: Four ounces of oil of sweet almonds, six drams of white wax, six drams of spermaceti, two ounces of borax, one and a half ounce of glycerin, two ounces of orange-flower water, fifteen drops of oil of neroli, fifteen drops of oil of bigarade (orange skin), fifteen drops of oil of petit grain.

Melt the first three ingredients, add the glycerin to the orange-flower water and dissolve the borax in the mixture, then pour it slowly into the blended fats, stirring continuously.

Bathe the face at night with warm water, a pure soap, and a correct complexion brush, rinsing first with warm water, then with cold, dry and apply cream with a rotary movement of the finger ends.

Eyelash Grower.

Here is a recipe for an eyelash grower: Two ounces of vaseline, one-eighth ounce of tincture of cantharides, fifteen drops of oil of lavender, fifteen drops of oil of rosemary.

Mix thoroughly. Apply to the lashes with a tiny brush once a day until the growth is sufficiently stimulated, then less often. Do not allow any of the mixture to get into the eyes, as, like any other oil, it will inflame them.

Cold Cream.

One will find this cream very good for massaging purposes: Two and a half ounces of lanolin, six drams of spermaceti, two and a half ounces of white vaseline, two ounces of coconut oil, two ounces of sweet almond oil, one-half dram of tincture of benzoin.

Melt the first five ingredients together, heat until the mass concretes, adding the benzoin, drop by drop, during this process.

Extracts of violet or any perfume may be added, if agreeable.

Care of the Teeth.

The habit of picking the teeth with a pin or other sharp instrument should be checked at once, as this is very injurious and makes the teeth decay sooner than they otherwise would. The best tooth-picks are made of quills, and should be used whenever it may be necessary to remove particles of food from the teeth, which, if allowed to remain, soon decay and destroy the soundness of the teeth.

When the ears stand out too far from the head, the best way to correct the defect is to bind the ears to the head at night with a band of linen or ribbon.

Eye Trouble.

For the granulated eyelids apply this salve night and morning: One grain of yellow oxide of mercury, one-half ounce of vaseline or unsalted butter. Apply this lotion to the freckles: Three ounces of lactic acid, four ounces of glycerin, one ounce of rosewater.

This is to be gently applied by means of a camel's-hair brush. If the skin becomes irritated or sore, omit one or two days' treatment.

Bloom of Roses.

The following is the formula for a skin rouge: Seventy-seven grains of rosin, one and three-quarter ounces of white wax, fifty grains of spermaceti, 33 grains of white petrolatum, one-half fluid dram of alcohol. Perfume to suit.

Dissolve the dye in alcohol, add this solution to the fats previously melted, and incorporate the whole together, continuing the stirring until the mixture has cooled.

Hair Bleached in Streaks.

When the hair has been bleached there is but one successful way to restore the original color, and that is to have a good hairdresser apply a stain.

The hair should be washed at least once a month. If it is oily it will be necessary to shampoo it about once every two weeks.

CHAPPED AND DISCOLORED LIPS

When the lips have a tendency to chap they should be anointed every night on going to bed with a simple cold cream. The habit of biting the lips, and especially of biting off detached portions of the skin, should be carefully avoided, as it is ruinous to their beauty and sometimes causes ugly sores. Never moisten the lips with the saliva to make them red or fresh-looking, as this tends to discolor and dry them and make them chap.

The following recipe is very good for freshening and reddening the lips: One ounce of spermaceti ointment, fifteen grains of balsam of peru, fifteen grains of alkanet root, five drops of oil of cloves.

Heat the alkanet in the spermaceti ointment until the latter melts and the whole is a deep rose color. Pass through a strainer, then slightly cool, stirring in the balsam. Let it settle for a few moments, then pour off the clear part and add the oil of cloves. Pour into small pots. It is ready for use as soon as cold.

Mole on the Face.

Go to a reputable specialist and have him remove it by electricity. This is the only safe and sure way to remove moles.

You must remember that peroxide is a very strong and powerful bleach and should not be used to profusely. Pour a little into a saucer, dilute with half as much again of pure water, and apply with a soft cloth. Allow it to dry on the hands and then rub on cold cream to prevent possible irritation. Repeat every night until the desired result is obtained.

Biting the Nails.

Biting the nails is so disfiguring a habit that every effort should be made to conquer it. It is one of the many forms in which nervousness manifests itself. Rubbing the finger tips with aloes will greatly aid to break the habit, as the bitter taste of the aloes will serve as a reminder to the will.

When the shoulder blades project, a pair of shoulder braces should be worn to maintain them in the correct position until the muscles have learned to perform the office.

High Collars.

In this day of high collars, every one is annoyed either by a black line around the throat, caused by the rubbing of the collar, or else with the soreness resulting from it. The only cure is to rub cold cream into the skin around the throat and let it remain there all night, and in the morning rub peroxide on after having first washed off the cold cream.

This line may be entirely obliterated by having collars of three heights, low, medium, and high, and wearing each each other at the middle. This will absolutely prevent its slipping from the hair, and it is no harder to put it into place than the straight-toothed variety which has no opportunity for any one height to wear on the skin.

HOME-MADE CANDIES.

Lemon Candy.

Put into a kettle three and one-half pounds of sugar, one and one-half pints of water, one teaspoonful of cream of tartar. Boil it until it becomes brittle when dropped in cold water.

When cooked, pour into a shallow dish which has been greased with a little butter. As soon as this has cooled enough to handle, add one teaspoonful of tartaric acid and the same quantity of extract of lemon; work them into the mass. The acid must be fine and free from lumps; work this in until evenly distributed, and no more, as it will tend to destroy the appearance of the candy.

Nougat.

Blanch one pound of shelled sweet almonds and with a sharp knife split each almond into two slips. Spread them over a large dish and place them in a moderate oven.

Take two pounds of sugar, put it into a pan without water, set it on a dish with feet (a chafing dish will answer), place it over a slow fire and stir with a wooden spoon until the heat has entirely dissolved it.

Take the almonds out of the oven, and mix them with the juice of two or three lemons, put them into the sugar, a few at a time, and simmer until it becomes a thick, stiff paste, stirring all the time. Have ready a mold or pan greased with sweet oil, put the mixture into it, smooth it evenly, and set in a cool place to harden. When almost hard, cut it into long slips.

Caramels.

One-quarter of a pound of chocolate, one and one-half pounds of brown sugar, one-quarter of a pound of butter, one tumblerful of milk or cream.

Put all together and let them melt; boil for twenty minutes, pour on buttered dishes, and before quite cold cut in small squares with a sharp knife.

After taking off the saucepan, add half a teaspoonful of essence of vanilla.

Be careful not to take the caramels off the fire until they are cooked. Test by dropping a little in cold water.

Chocolate Drops.

Scrape one pound of chocolate, lift and beat into it four pounds of sugar. Beat to a froth the whites of four eggs and add the sugar and chocolate. Beat as stiff as a paste. Grease a papered pan and drop the mixture upon it (about the size of a 5-cent piece). Bake in a slow oven.

Molasses Candy.

Half gallon of West India molasses, one pound of sugar, quarter of a pound of butter.

Boil for three hours, and just before the candy is done add the juice of a lemon. Try some by cooling it on a plate to see if it is sufficiently stiff. Pull as for sugar candy for half an hour.

A little vinegar on the hands will make the taffy crisp. It should be a light yellow color when pulled.

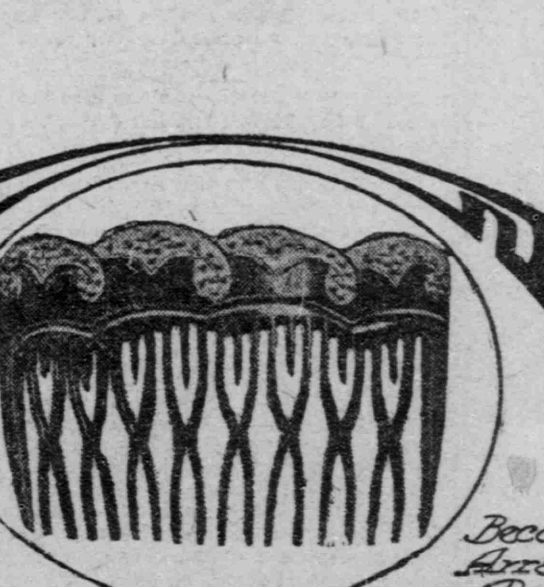
THE POMPADOUR SOON TO RELINQUISH TO THE GRECIAN HAIR DRESSING



Classic Grecian for Draped Gowns



New Pompadour Comb with Oriental Dragons



Comb of New Design



Becoming Arrangement of Puffs and Flowers



Girl's Way of Wearing Wreaths

THE new style in spring hats will necessitate another style in coiffure, in addition to the fact that the excessive use of false hair, so appropriate to the empire era, will not be at all suitable for the simplicity of the classic draperies just coming into vogue. These require a new Grecian style, and the pompadour, which

has been in fashion for so long, must soon relinquish its place to a more severe fashion.

Fillets of gold or silver braid are fascinating for evening wear, and are shown to the best advantage in the illustration. The use of roses on each side of the head is distinctly Oriental, and is part of the peculiar mixture of taste in evidence at

the present time. In this case the brown hair is bound by gold braid and the flowers are of cloth of gold.

A very simple coiffure for a young girl almost reverts to the style of three years ago. The wreath is made of silver leaves, and the effect is lighter than it would be if flowers of bows had been used.

The spring hats will be worn slightly over the face, which will make the wearing of the high comb a possibility. The arrangement of the hair is simple in the extreme, while the comb is decorated with carved dragons, a design carried out in all the embroidery of the handsomest spring frocks.

Puffs forming a center for a wreath

of gauzy flowers make a charming coiffure, while the long line is very becoming to many heads. The braids and puffs of the last winter must either be abolished or arranged in some new manner, following the suggestion here given, for there is no doubt that the Psyche knot must descend from its lofty height to leave room for the hatbrim of the near future.

Who has not had the misfortune to lose a favorite back comb? Some clever person has arranged the teeth so that they zigzag in and out and meet each each other at the middle. This will absolutely prevent its slipping from the hair, and it is no harder to put it into place than the straight-toothed variety with which we are all familiar.

Nothing so makes or mars a woman's appearance as does the dressing of her hair, and there are only a few who can skand the straggly locks that come with windy days. To keep neat and trim a hair net is the greatest help, and when once the art of putting them on has been mastered the result is a wonderful improvement to the appearance.